



Harvest of the Month[®]

Network for a Healthy California



2009—2010

3rd Grade Workbook



Name _____

Introduction

Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.



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The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 2½ cups of vegetables and 1½ cups of fruit every day.

½ cup of fruit



½ cup of vegetables



1 cup of fruit

1 cup of raw leafy greens



½ cup of vegetables




½ cup of vegetables



¼ cup of dried fruit



Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me
Apple 					
Roots & tubers 					
Cooked greens 					
Beans 					
Grapefruit 					
Beets 					
Peppers 					
Cucumber 					
Berries 					
Corn 					

The **September** Harvest of the Month featured fruit is **apples**



- Apples are a good source of fiber and Vitamin C.
- Apples are a source of potassium, which helps maintain a healthy heart.
- Apples are best when eaten with the peel, because that is where most of the fiber is found.

List three adjectives to describe the way apples taste, look, or smell. You can use the list of adjectives on page 27 to help you.

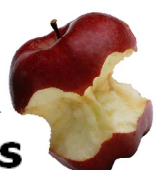
1. _____

2. _____

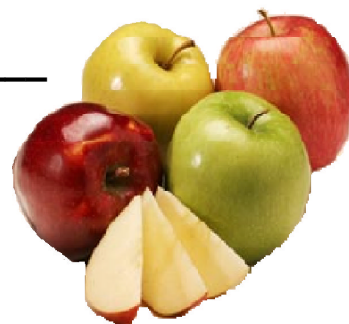
3. _____

What is your favorite color apple? Explain why it is your favorite color using complete sentences.

Nutrition Facts



Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%



Make a Meal

There are five food groups: grains, vegetables, fruits, milk, and meats & beans. Remember to eat foods from each food group every day. Circle one food from each food group to make a meal. The meal can be for breakfast, lunch, or dinner.

FOOD GROUP

EXAMPLES OF FOOD

Write the name of the food you chose.



GRAINS



VEGETABLES



FRUITS



MILK

MEAT & BEANS



For important information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



The **October** Harvest of the Month featured vegetable is **roots & tubers**



- Root vegetables are the roots of plants that are eaten as vegetables. Roots include carrots, sweet potatoes, turnips, jicama, rutabaga, and beets.
- Tubers are different from roots because they are big underground stems. Tubers store energy for the plant. Tubers include potatoes and yams.
- The Irish were among the first Europeans to recognize potatoes as a valuable source of nutrition.



List three adjectives that describe the way roots and tubers taste, look, or feel. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____

Nutrition Facts

Serving Size: ½ small russet potato, baked with skin (69g)

Calories 67

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 6%

Sugars 1g

Protein 2g

Vitamin A 0%

Calcium 4%

Vitamin C 27%

Iron 3%

What are your favorite tubers?

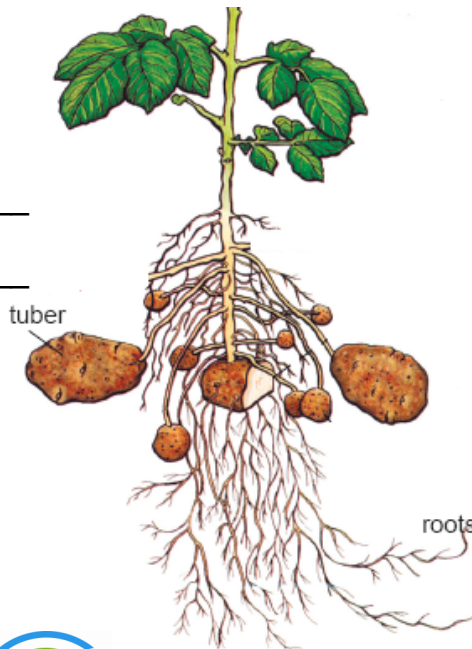
What are your favorite roots?



turnip



rutabaga



jicama



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Read It Before You Eat It

The Nutrition Facts labels are the best way to know more about the food you are going to eat.

How many servings are you eating?

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Source: Team Nutrition

Get What You Need!

Get LESS

5% or less is low
20% or more is high

Get ENOUGH

5% or less is low
20% or more is high

1. What should you look at first on the Nutrition Facts Label? _____
2. Using a black pen or marker, circle the "Serving Size" on the Nutrition Facts Label.
3. Using a blue pen or marker, circle the "Servings per Container" on the Nutrition Facts Label.
4. Using a red pen or marker, circle the "Calories."
5. Using a pencil, circle the nutrients that you want to limit.
6. Using another colored pen or pencil, circle the nutrients that you want to get more of.



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The **November** *Harvest of the Month* featured vegetable is **cooked greens**



collard greens

- Cooked greens include bok choy, collards, kale, and Swiss chard.
- A ½ cup of cooked greens are a high source of vitamin A, vitamin C, and vitamin K.
- A Southern tradition in the United States is to eat collard greens on New Year's Day to guarantee wealth in the coming year because their leaves look like folded money.

List three adjectives that describe the way cooked greens taste, feel, or look. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____

NUTRITION FACTS

A ½ cup of cooked greens are a high source of vitamin A, vitamin C, and vitamin K. Use the glossary of nutrients on page 28 to define vitamin K.

Nutrition Facts	
Serving Size: ½ cup cooked collard greens (95g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 2g	
Vitamin A 154%	Calcium 13%
Vitamin C 29%	Iron 6%



kale



bok choy



Swiss chard



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Celebrate the Fruit & Veggie Way

HAVE A FRUIT AND VEGETABLE CLASSROOM PARTY!

We all enjoy celebrating holidays at school! But, sometimes there aren't a lot of healthy choices and you may want to eat too much.

The next time you celebrate in the classroom, suggest that it be a fruit and vegetable party. Ask your classmates to bring their favorite fruit or vegetable dish. Or you can set a theme, like cultural day, and make fruit and vegetables dishes from a different country. Here are some examples:

- Make a fresh vegetable platter or fruit salad.



- Make kabobs by placing bite-sized pieces of fruits or vegetables onto skewers.

- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.



Adapted from CDC Fruits & Veggies More Matters

What snack would you like to bring to the party? Explain why it is a healthy snack.

Snack _____

Why is this a healthy snack? _____



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The **December** Harvest of the Month featured vegetable is **beans**



- A ½ cup of most beans are a high source of fiber.
- Garbanzo beans are called chickpeas because each bean has a small beak that looks like a chick's beak.
- Beans were found in Egyptian pyramids that were built more than 4,000 years ago.

Garbanzo bean



List three adjectives to describe the way beans taste, smell, or feel. You can use the list of adjectives on page 27 to help you.

1. _____

2. _____

3. _____



Nutrition Facts

Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

NUTRITION FACTS

A ½ cup of most beans are a high source of fiber. Use the glossary of nutrients on page 28 to define fiber.

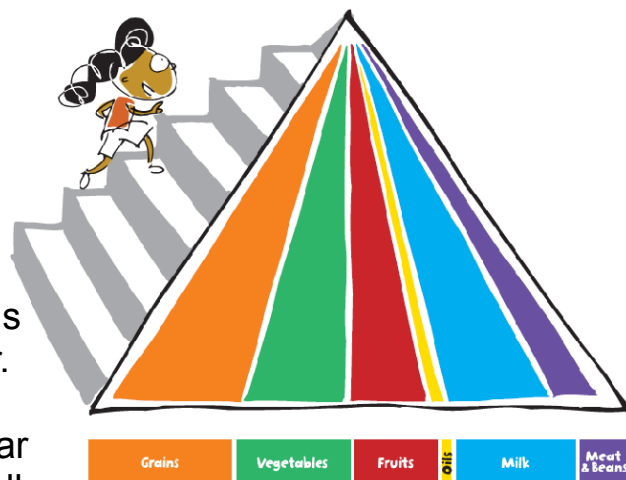


How to Choose Healthier Foods

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.

The foods at the bottom of MyPyramid provide vitamins and minerals without a lot of added fat or added sugar.

Foods with higher amounts of solid fat and added sugar are in the narrower top area of MyPyramid. Occasionally everyone can enjoy these foods. But eating too many of the foods from the top of MyPyramid could lead to weight gain.



Write a check next to the food that is a healthier choice. Explain why you chose that food.

Food Groups	Wider Area	Narrower Area
Grains	<input type="checkbox"/> Whole-wheat bread	<input type="checkbox"/> Doughnut
Why?		
Vegetables	<input type="checkbox"/> Baked sweet potato	<input type="checkbox"/> French fries
Why?		
Fruits	<input type="checkbox"/> Peach	<input type="checkbox"/> Peach pie
Why?		
Milk	<input type="checkbox"/> Lowfat frozen yogurt	<input type="checkbox"/> Ice cream
Why?		
Meat & Beans	<input type="checkbox"/> Baked fish	<input type="checkbox"/> Fried fish
Why?		

The **January** Harvest of the Month featured fruit is **grapefruit**



- A ½ of a medium grapefruit is a high source of vitamin C.
- Grapefruit is a source of magnesium.
- Grapefruit was named by a Jamaican farmer who saw the way it grows in groups – like grapes – on the tree. Grapefruit has grown in groups with as many as 25 fruits.

List three adjectives to describe the way grapefruit taste, look, or smell.

1. _____
2. _____
3. _____

Nutrition Facts

Serving Size: ½ medium grapefruit (123g)
Calories 46 Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%



NUTRITION FACTS

A ½ of a medium grapefruit is a high source of vitamin C. Use the glossary of nutrients on page 28 to define vitamin C.



A Letter to Your Parents

Write a letter to your parents about why you would like to eat more fruits and vegetables. Make sure you tell them why they are good for you, and include an example of a fruit or vegetable that you would like to eat.

Date: _____

Dear _____,

[illegible]

Love,



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The **February** Harvest of the Month featured vegetable is **beets**



- Beets are a root vegetable that grow underground.
- The green leaves of beets have been eaten before written history. The leaves are a source of calcium and iron.
- Beet juice and beet powder are used as a natural food coloring and to dye make-up and clothes.

List three adjectives to describe the way beets taste, feel, or look.

1. _____
2. _____
3. _____

Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37 Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Sugars 7g

Protein 1g

Vitamin A 1% Calcium 1%

Vitamin C 5% Iron 4%



Circle the vegetables that are roots.
Draw a square around the vegetables that are tubers. Look on page 6 for examples.



jicama



turnips



potato



carrots



beets

rutabaga



Be More Active

Physical activity has many health benefits. It is good be physically active every day because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get to and keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles, and joints

SOURCE: *Network for a Healthy California*

In the space below, explain how you will be physically active every day. Look at page 26 to get ideas on how you can be physically active.





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The **March** Harvest of the Month featured vegetable is **peppers**



- There are two categories of peppers: hot and sweet.
- A ½ cup of sweet green bell peppers is a high source of vitamin C. A ½ cup of sweet red bell peppers is a high source of vitamin A.
- By weight, hot peppers contain 357% more vitamin C than an orange.



List three adjectives that describe the way peppers taste, look, or sound.

1. _____
2. _____
3. _____



Nutrition Facts

Serving Size: ½ cup sweet green peppers, chopped (75g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 100%	Iron 1%

NUTRITION FACTS

A ½ cup of sweet green bell peppers are a high source of vitamin A. Use the glossary of nutrients on page 28 to define vitamin A.





Water is the Way to Go

- Your body needs water to survive!
- It is important to drink water before, during, and after you're going to a practice, a game, or just working out or playing hard.
- Sports drinks are not necessary for active children.
- Don't forget a water bottle. You can't play your best when you're thirsty!
- When your body doesn't have enough water, you can become dehydrated.
- Dehydration can keep you from being as fast and as sharp as you'd like to be. Dehydration may make you sick.



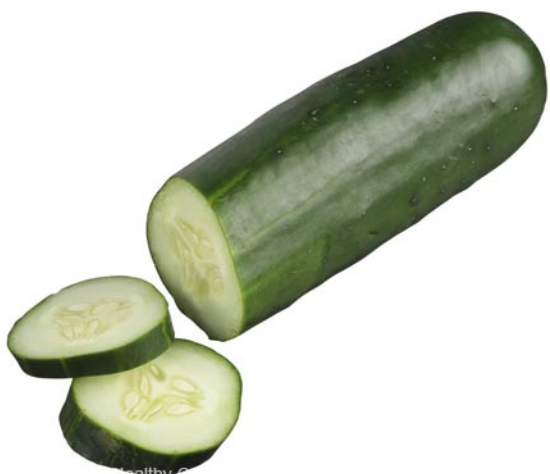
Adapted from: kidshealth.org

Explain why it is important to drink water, especially when you are playing sports or being physically active.



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The **April** Harvest of the Month featured vegetable is **cucumber**



- Cucumbers are 96% water.
- The inside of a cucumber can be up to 20 degrees cooler than the outside.
- The British have a plant they call the “squirting cucumber.” This strange fruit bursts open and shoots seeds up to 60 miles per hour.

List three adjectives that describe the way cucumbers taste, sound, or feel.

1. _____
2. _____
3. _____



Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars 1g

Protein 0g

Vitamin A 1% Calcium 1%

Vitamin C 3% Iron 1%

List three ways to include cucumbers in your meals.

1. _____
2. _____
3. _____



Why Fruits and Vegetables are Good for You

- Fruits and vegetables are some of the healthiest and best tasting foods.
- They are low in sodium and calories, and most are fat free.
- Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks.
- Fruits and vegetables help your body get the vitamins, minerals, fiber, and other natural substances it needs to stay healthy.



SOURCE: *Network for a Healthy California*



In the space below, make a list of fruits or vegetables for each color.

COLOR

FRUIT OR VEGETABLE



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The **May** Harvest of the Month featured fruit is **berries**



- A ½ cup of most berries is a high source of vitamin C.
- The colonists learned from Native Americans how to gather blueberries, dry them under the summer's sun, and store them for the winter.
- Raspberries can be grown from the Arctic to the equator.

List three adjectives that describe the way berries taste, look, or smell.

1. _____
2. _____
3. _____

Draw a line to match each berry with its name.

Nutrition Facts

Serving Size: ½ cup blackberries (72g)	
Calories 31	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 1g	
Vitamin A 3%	Calcium 2%
Vitamin C 25%	Iron 3%



Strawberry

Blackberry

Raspberry

Blueberry

Fruits and Vegetables... We Want More



HELP OTHERS EAT A HEALTHY DIET

Talk to your family about how easy it is to add fruits and vegetables to your family meals. Adding them to your family's favorite dishes makes them a regular part of meals. It's simple to add fresh, frozen, or canned vegetables to:

- Homemade or canned soups
- Pasta dishes
- Omelettes and egg dishes
- Sandwiches
- Stir fry dishes with brown rice

Ask your family to finish dinner with fruits. Sliced strawberries, all kinds of berries, and bananas taste great by themselves or on top of yogurt.

SOURCE: CDC Fruits & Veggies More Matters

Write down your family's favorite dinner. Then add at least one fruit and one vegetable to your family's favorite dinner. Look on page 25 for ideas.

My family's favorite dinner _____



Fruits I will add to my family's dinner _____

Vegetables I will add to my family's dinner _____

Be sure to share this with your family when you get home today! Tell your family why it is important to eat fruits and vegetables.



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The **June** Harvest of the Month featured vegetable is **corn**



- Corn is a good source of thiamin.
- Corn is grown on every continent of the world except Antarctica.
- Scientists believe people living in Central Mexico were the first to grow corn. Ears of corn have been found in caves in Mexico that date back 7,000 to 8,000 years ago.

List three adjectives to describe the way corn tastes, sounds or looks.

1. _____
2. _____
3. _____



Nutrition Facts

Serving Size: ½ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 2%

List three different foods that are made from corn.

1. _____
2. _____
3. _____



A young girl with dark hair, wearing a bright pink t-shirt and khaki shorts, is captured mid-jump against a plain white background. She has a wide, joyful smile and her arms are extended horizontally to the sides. Her right leg is bent and tucked under her, while her left leg is extended downwards. She is wearing white sneakers with pink accents. The overall mood is one of happiness and energy.

In paragraph form, write three different things you can do to help your body grow healthy and strong this summer.

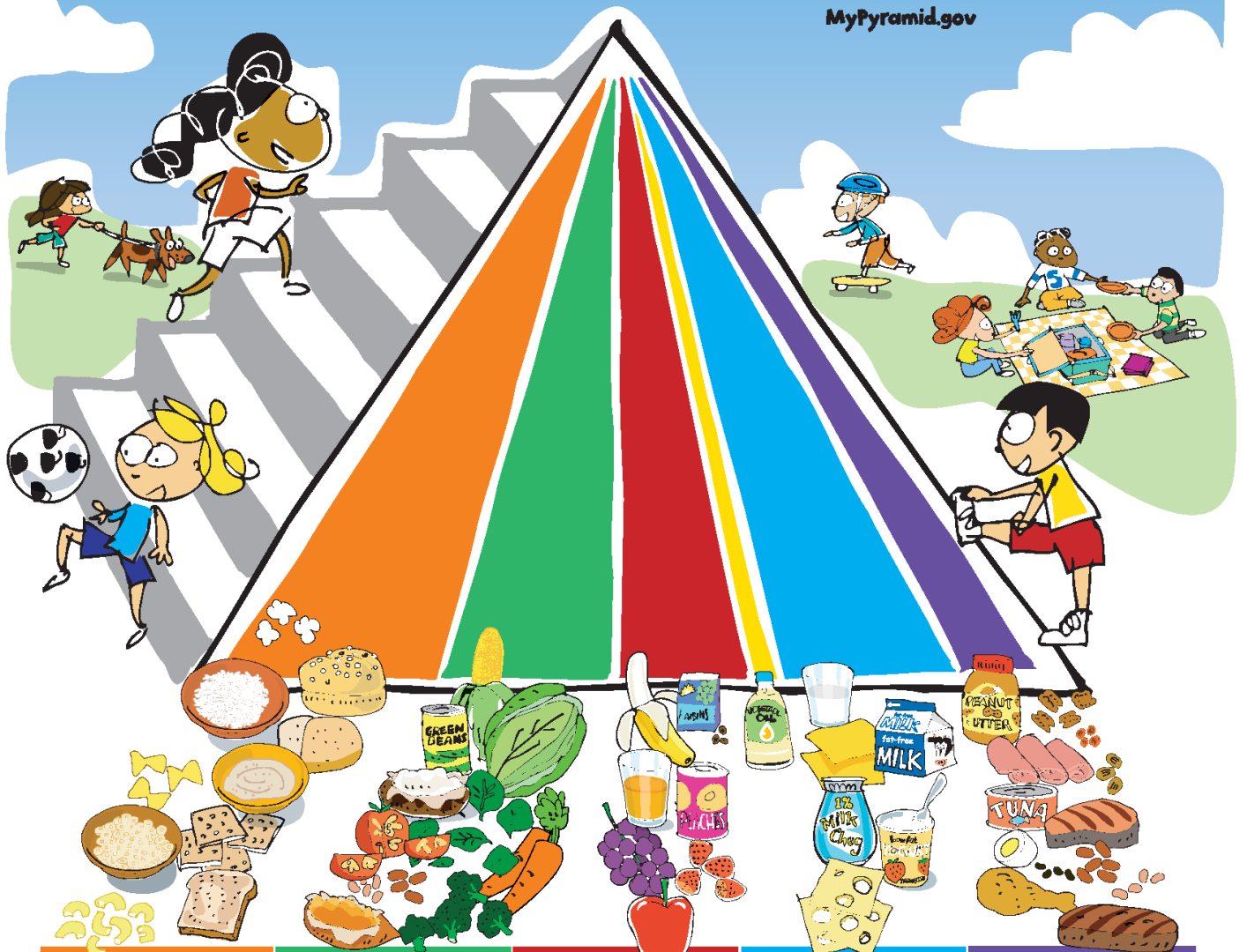
This image shows a worksheet template designed for students to write about their observations. It features two photographs of children playing outdoors. The top photograph shows two young girls sitting on a green bench; one girl is holding a yellow ball and looking up, while the other is holding a blue and white soccer ball and smiling. The bottom photograph shows a woman and a young girl standing near a black mailbox in a park-like setting. Between and after these photos are multiple sets of horizontal lines for writing. There are four lines above the top photo, five lines below it, and three lines below the bottom photo.



MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.



Fruits

Focus on fruits

Fruits are nature's treats — sweet and delicious. Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!



Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

Foods Found in MyPyramid



Brown rice
Buckwheat
Oatmeal
Popcorn
Whole wheat cereal
Ready to eat breakfast cereal
Whole grain barley
Whole grain cornmeal
Whole rye
Whole wheat bread
Whole wheat crackers
Whole wheat pasta
Whole wheat tortillas
Wild rice

Cornbread
Corn tortillas
Couscous
Crackers
Flour tortillas
Grits
Noodles
Spaghetti
Macaroni
Pitas
Pretzels
Corn flakes
White rice



Bok choy
Broccoli
Collard greens
Dark green leafy lettuce
Kale
Mustard greens
Lettuce
Spinach
Turnip greens
Squash
Carrots
Pumpkin
Sweet potatoes
Black beans*
Black-eyed peas*
Garbanzo beans (chickpeas)*
Kidney beans*
Lentils*
Lima beans*
Pinto beans*
Soy beans*
Split peas*
Tofu

Corn
Green peas*
Potatoes
Artichokes
Asparagus
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Bell peppers
Mushrooms
Okra
Onions
Zucchini
Turnips
Tomatoes
Tomato juice
Vegetable juice

*beans and peas can also go in the meats & beans group



Apples
Apricots
Avocado
Bananas
Strawberries
Blueberries
Raspberries
Cherries
Grapefruit
Grapes
Kiwi fruit
Lemons
Limes
Mangos
Cantaloupe
Honeydew
Watermelon

Oranges
Peaches
Pears
Papaya
Pineapple
Plums
Prunes
Raisins
Tangerines
100% orange juice
100% apple juice
100% grape juice
100% grapefruit juice



Milk
Cheddar cheese
Mozzarella cheese
Swiss cheese
Parmesan cheese

Yogurt
Cottage cheese
Ice milk



Chicken
Turkey
Beef
Eggs

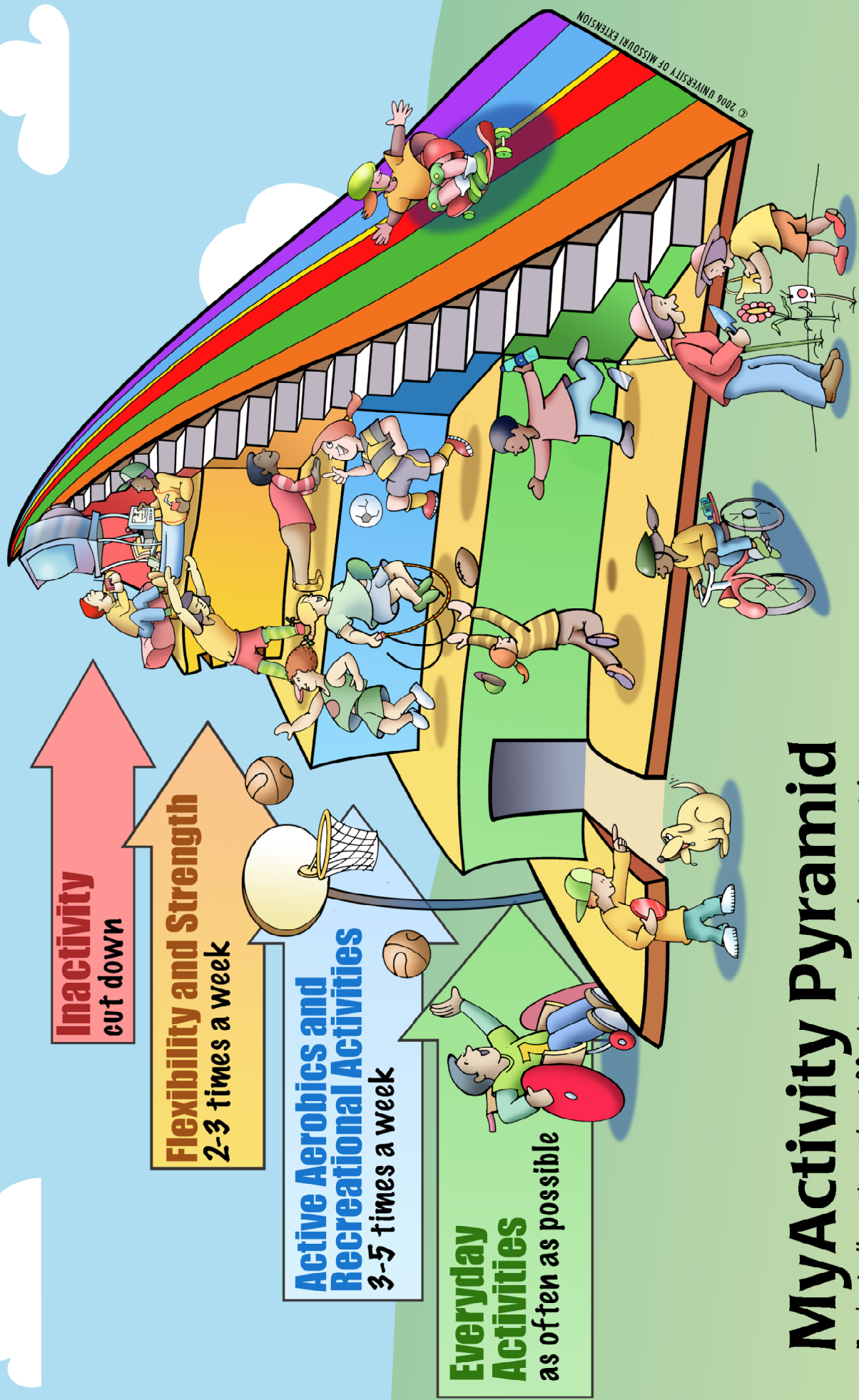
Ham
Lamb
Pork
Fish

Veggie burger
Tempeh
Peanut Butter

Almonds
Cashews
Peanuts

Sunflower seeds
Pistachios
Sesame seeds

Pecans
Walnuts
Beans and peas
(see vegetables)

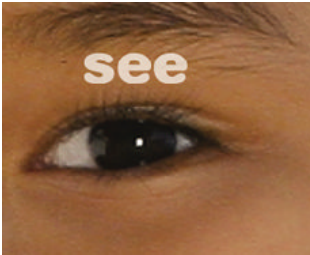


MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.
Use these suggestions to help meet your goal.

Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round



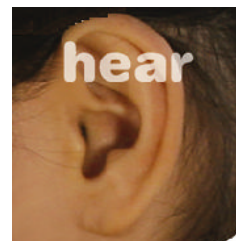
Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouthwatering
Yummy
Good
Bad
Refreshing



Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy



Sweet
Sour
Bitter



Crunchy
Crisp
Juicy

Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

FOLATE This B vitamin helps lower a women's risk of having a child with certain birth defects.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

MAGNESIUM This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

POTASSIUM This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

RIBOFLAVIN This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

THIAMIN The B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

VITAMIN K This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

ZINC This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

Acknowledgements

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